



**BetterHealth**

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

*Better you.*

# Behavioral Health Services

Last updated: May 2019



Service	Eligibility	Cost	Must be enrolled in Presbyterian Insurance	Hours	Address	Website	For Appointment	
<b>Employee Assistance Program</b>	<ul style="list-style-type: none"> <li>Professional counselors</li> <li>Employee counseling</li> <li>Crisis intervention</li> <li>Referral services</li> <li>Confidential, private, covered by HIPAA.</li> </ul>	No Cost	No	On Call 24/7 & by appointment	City of Albuquerque 400 Marquette Ave NW, Albuquerque, NM 87102	Eweb/EAP	City of Albuquerque Appointment 505-768-4613	
					Entities 1240 Pennsylvania NE, Suite C Albuquerque, NM 87110	www.solutionsbiz.com	Entities Appointment 505-254-3555	
<b>NM Crisis and Access Line</b>	A professional mental health crisis line. Masters level clinicians provide mental health services to all persons experiencing any kind of emotional crisis, mental health or substance use concern.	Available to employee and household family members	No Cost	No	24/7	Phone Hotline	www.nmcrisisline.com	855-662-7474
<b>Presbyterian Talkspace</b>	Behavioral coaching app ages 18 and older. With Talkspace text therapy you can: <ul style="list-style-type: none"> <li>Engage with a therapist the same day that help is needed, not weeks later</li> <li>Get matched to a therapist based on your unique needs</li> <li>Develop a one-on-one relationship with the same therapist throughout your engagement</li> <li>Live a happier, healthier life</li> </ul>	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	24/7	Remote application and desktop	www.talkspace.com/php	Download on the App Store or Google play
<b>Presbyterian Outpatient Behavioral Health Care</b>	<ul style="list-style-type: none"> <li>Individual and group therapy</li> <li>Medication evaluation</li> <li>Medication management</li> <li>Psychological testing</li> </ul>	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	Hours vary based on provider	Presbyterian 8312 Kaseman Ct NE Albuquerque, NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-5300
<b>Presbyterian Inpatient Behavioral Health Services</b>	<ul style="list-style-type: none"> <li>Acute psychiatric stabilization</li> <li>Diagnostic evaluation</li> <li>Medication management</li> <li>Group therapy</li> <li>Psychosocial evaluation</li> <li>Family engagement</li> <li>Inpatient care for child, adolescent, adult and geriatric patients</li> </ul>	Available to employee and household family members with Presbyterian Health Plan	Applicable Copayment	Yes	M-F 6am-7pm, Weekends/ Holidays 3pm-5pm	Presbyterian Kaseman Hospital 8300 Constitution Blvd NE, Albuquerque NM 87110	www.phs.org/doctors-services/services-centers/behavioral-health	505-291-2560



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<b>Wellness at Work resources</b> <ul style="list-style-type: none"> <li>• Online portal</li> <li>• Create personalized health improvement plans</li> <li>• Personal Health Assessment (PHA)</li> <li>• Biometric screening results</li> <li>• Workshops</li> <li>• Articles and much more!</li> </ul>	Available to benefits-eligible employees, spouses and domestic partners.	No Cost	No	24/7	Desktop application	<a href="http://www.mypres.org">www.mypres.org</a>	Access through MyPres
<b>On to Better Health</b> <ul style="list-style-type: none"> <li>• Online programming for common challenges, such as trouble sleeping, feeling down, feeling tense or anxious.</li> <li>• Helpful tips and videos based on your interests and needs.</li> </ul>	Available to employee and household family members with Presbyterian Health Plan	No Cost	Yes	24/7	Series of applications available remote and desktop	<a href="http://www.ontobetterhealth.com/php">www.ontobetterhealth.com/php</a>	Download on the App Store or Google play
<b>Stress Stop</b> <ul style="list-style-type: none"> <li>• Online suite of stress management and resilience-building resources which includes:</li> <li>• Training videos</li> <li>• Relaxation music</li> <li>• Meditation</li> <li>• Stress tests</li> <li>• A journaling feature and much more</li> </ul>	Available to benefits-eligible employees, spouses and domestic partners.	No Cost	No	24/7	Remote application and desktop	<a href="https://mystresstools.com/registration/tsg-coa">https://mystresstools.com/registration/tsg-coa</a>	Access through <a href="http://www.solutionsbiz.com">www.solutionsbiz.com</a>